AUTODOC CLUB

How to change rear anti roll bar links on **BMW 1 Coupe (E82)** – replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

Important!

This replacement procedure can be used for:
BMW 1 Coupe (E82) M, BMW 1 Coupe (E82) 118d 2.0, BMW 1 Coupe (E82) 135i 3.0, BMW 1 Coupe (E82) 120d 2.0, BMW 1 Coupe (E82) 123d 2.0, BMW 1 Coupe (E82) 125i 3.0, BMW 1 Coupe (E82) 120i 2.0

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: BMW 3 Saloon (E90) 318i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 1 COUPE (E82). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 13
- Combination spanner #17
- HEX bit No.H5.
- Wheel impact socket #17
- Ratchet wrench
- Flat Screwdriver
- Torque wrench
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on BMW 1 Coupe (E82) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW 1 Coupe (E82) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Secure the wheels with chocks.



2 Loosen the wheel mounting bolts. Use wheel impact socket #17.



3 Raise the front of the car and secure on supports.

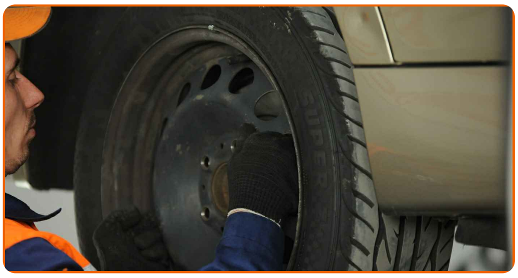
4 Unscrew the wheel bolts.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. BMW 1 Coupe (E82)

5 Remove the wheel.



6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

7 Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use HEX No.H5. Use a ratchet wrench.



8 Unscrew the fastener connecting the stabilizer link to the control arm. Use a drive socket #13. Use a ratchet wrench. Use a flat screwdriver.



9 Remove the fastening bolt.

10 Remove the stabilizer rod.



Replacement: anti roll bar links – BMW 1 Coupe (E82). Tip from AUTODOC:

- Examine stabiliser bushes. Replace them if needed.

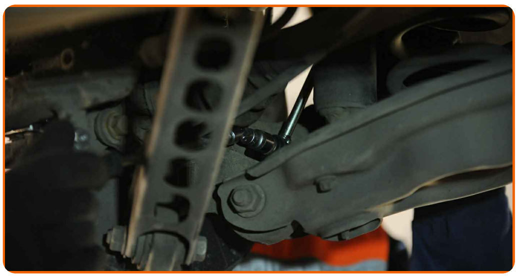
11 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



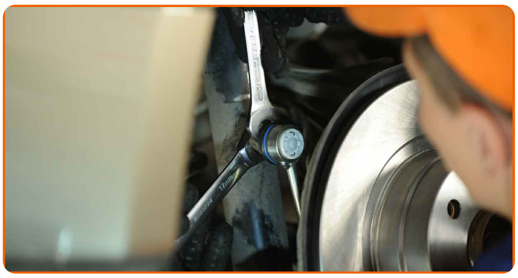
12 Install the transverse stabilizer link.



13 install the rod fastening to the stabilizer and tighten it. Use a drive socket #13. Use a torque wrench. Tighten it to 21 Nm torque.



14 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 Nm torque.



15 Treat all joints of the stabiliser link. Use copper grease.

16 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



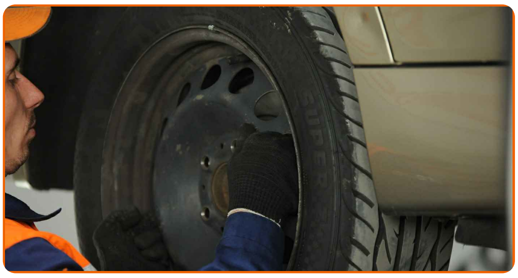
17 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – BMW 1 Coupe (E82). After applying the spray, wait a few minutes.

18 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 1 Coupe (E82)

19 Screw in the wheel bolts. Use wheel impact socket #17.



20 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 nm torque.



21 Remove the jacks and chocks.

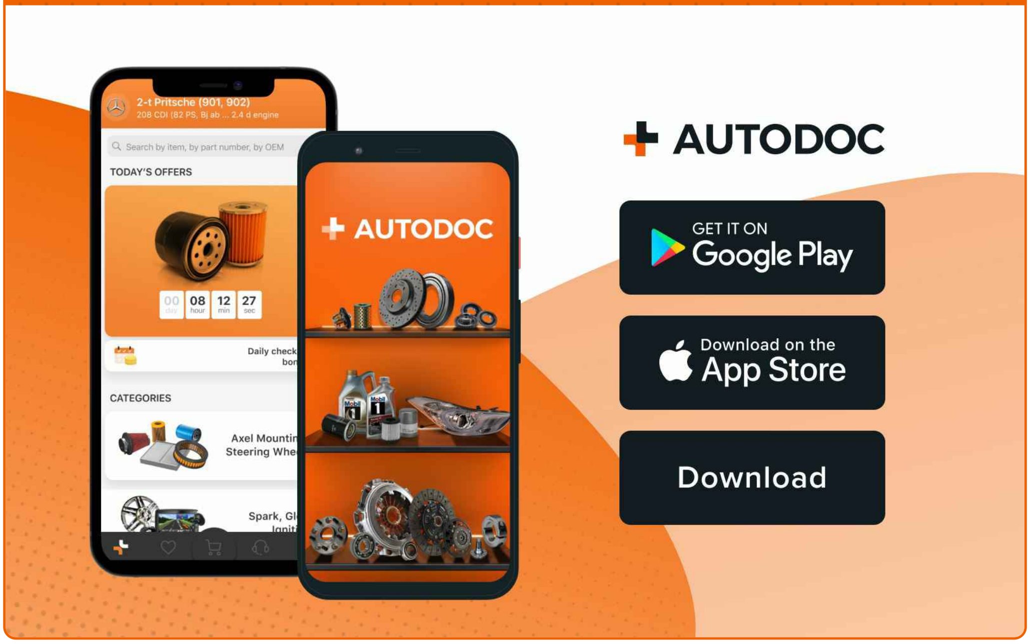


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